



ST. LOUIS ARMY ENGINEER DISTRICT

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Regulatory The Regulatory program

by Mike Brazier, Chief, Regulatory Branch

The purpose of the Clean Water Act of 1977 is to restore and maintain the chemical, physical and biological integrity of the nation's waters. In the last 20 years we have done much to clean our waters by regulating point and non-point discharges. Our role is to protect the environment.

Wetlands are important landscape features to help clean up our waters. They provide many functions including water quality improvement, ground water recharge, sediment trapping and habitat value. Missouri and Illinois have lost most of their wetlands. Missouri wetlands have decreased from 4.84 million acres to 630,000 acres, a reduction of 87 percent. Illinois has lost 85 percent - from 8.21 million to 1.25 million acres. It is the responsibility of the Regulatory

Branch to protect wetlands and water States in accordance with environmental projects that impact replace wetlands at of 1 to 1 so there is

In Regulatory public on a daily age, we receive nine everyday describing

are proposed on private and public property that impact rivers, streams and adjacent wetlands. If these projects involve the excavation of material or placement of fill in these waters, or obstructions to navigation, it comes under the jurisdiction of the Corps of Engineers and requires a permit to authorize construction.

When we receive an application, we start negotiation with the applicant to first try to avoid impacts to the waters, second to minimize these impacts and third to mitigate for unavoidable impacts to the waters.

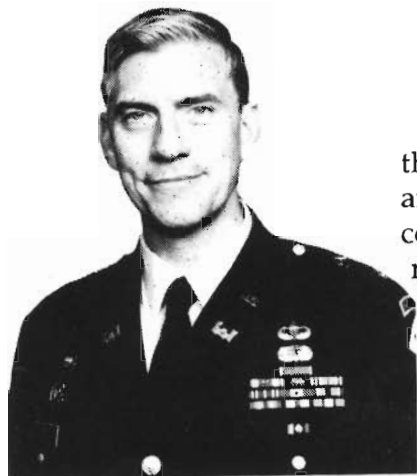
When an application is complete, it is Regulatory's job to solicit comments on the project from the Environmental Protection Agency, U.S. Fish and Wildlife Service, Missouri Department of Natural Resources, Illinois Environmental Protection Agency. This and other articles about the Regulatory Branch continued on page 6.



the remaining ters of the United dance with the laws. Today wetlands must a minimum ratio no net loss. we deal with the basis. On average new applications ing projects that



Commander's Perspective



COL Thomas C. Suermann

I want to say "thank you" again for the remarkable contribution that each of you made toward the District's outstanding execution and final effort in Fiscal Year 1995. Your individual dedication, competence and commitment, coupled with a dynamic team spirit made all the difference. You have revalidated and, in some cases, redefined Corps standards for excellence.

As we take on the challenges of sustaining our performance in FY96 with the current budgetary limitations that have been placed upon us, I want to emphasize our vision and reaffirm our mission in this district.

Our vision is that:

we will pursue new initiatives that will complement and enhance our mission, as well as provide professional and exciting work opportunities for our people.

Our mission is:

to provide quality professional products and services on time and within budget to meet the needs of the people we serve.

These statements shape our purpose, help define our organizational values and should guide our daily actions. Last year's results showed that we are a good team, but if we can sustain this effort we will show the world that we are a great team.

As you strive to fulfill your individual missions this year, try to eliminate the distractions or impediments in your functional responsibilities and improve your interactions with each other. If you can do this, then you will have more time to accomplish the important, and not just the urgent, priorities that we will face in the months ahead.



**US Army Corps
of Engineers**
St. Louis District

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News Briefs

Carlyle Lake:

Inmate labor

Carlyle Lake and the Federal Correctional Institution of Greenville, Illinois, are finalizing a Memorandum of Agreement and a Federal Civilian Inmate Labor Plan which establishes the guidelines to provide inmate labor details to perform tasks at Carlyle Lake for which funding is not available. The acting warden provided lake staff and other District staff a briefing and tour of the facility, giving a better understanding of the type of inmates that would be provided, their work possibilities on site, as well as in-house projects that could be provided for all District projects.

Carlyle restoration

A large restoration project is underway in the Carlyle Lake Wildlife Management Area to make improvements intended to increase the biological productivity of one of the state's most important waterfowl use areas. This is a joint effort between the Corps of Engineers and the Illinois Department of Natural Resources. The work was started late this year and will be completed in 1996.

Water damage

In mid May, Carlyle Lake reached it's highest pool level of 457.4 N.G.V.D. This inundated many areas around the lake causing damage to campsites, parking lots, beaches, boat ramps, trees and shoreline. At this time Coles Creek Recreation Area remains closed because of serious damage.

Carlyle resort

The City of Carlyle is advertising for proposals for the develop-

ment and operation of an overnight accommodation on a 40 acre site in the Dam West Recreation Area.

Record fish

On Friday, August 11, a 78 pound flathead catfish was caught at the lake. Off duty Park Ranger Jody Harris, helped by Chuck Frerker caught the fish with a rubber tail jig while fishing for white bass in the lake. The fish measured four feet three inches in length and 35.5 inches in girth and took 40 minutes to boat. The fish is believed to have broken the state record of 66 pounds.



Jody Harris (right) and Chuck Frerker hold the "big fish."

Conservation Day

More than 1,000 people attended the Conservation Day celebration at the Lake on Saturday, September 23. Some of the events included the 5,000 gallon Bass Tub, the music of Kevin Heim, a youth pellet shoot, a youth archery shoot, a youth target shoot, waterfowl calling, casting contest, crawfish fishing/race, bluebird box building, drug dog demonstration and a turkey shoot.

Lake Shelbyville:

Eco Meet

The 19th Annual Eco Meet was held on October 5 at the camp Camfield Ecological Study Area. The Eco Meet is an environmental

competition for school students. There is three levels of competition: Nature Sleuth, Junior Varsity and Varsity. Events include topics such as game birds, reptiles of Illinois, tree identification, edible and medicinal plants, pond ecology, and prairie ecology. Teams from thirty communities participated in the events. Project manager Winston Campbell presented the top four teams in each division with plaques donated by the Mattoon Exchange Club. Several park rangers and 41 volunteers helped monitor the events and tally the scores.

Rend Lake:

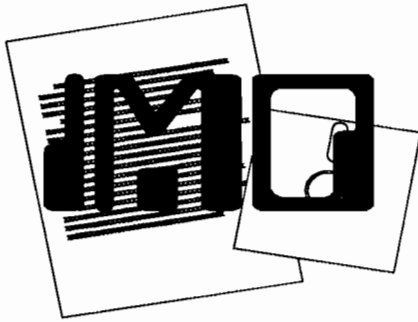
Controlled hunting

Rend Lake has continually been one of the top locations in Illinois for waterfowl hunting. For more than 20 years lake duck and goose enthusiasts have hunted on a first come, first served basis. Because of arguments and complaints by hunters, the Illinois Department of Natural Resources has instituted a controlled hunting approach for some areas. A major portion of the Casey Fork subimpoundment area will be marked with numbered stakes. Each morning hunters will draw numbers to allocate these staked locations. The rest of the lake area will remain first come, first served.

Pickard in DC

Assistant Project Manager Andrea Pickard was selected for a six month developmental position in the Programs Management Division in USACE. While in this position she will be working on FY 97 budget submittals for the Corps. She will also be helping prepare fact sheets Corps commanders use for Congressional briefings.

(Continued on page 4)



with the District, again working with network administration and e-mail. Four new CDSI employees have joined the IMO. They are Sandra Hilsher (Customer Support and Programming), Cindy Laub (hardware support), Greg Moore (telephone and hardware support) and Diane Hill (customer support). Greg Moore was formerly working as a CDSI employee in the LMO. Diane was formerly working in the IMO in a temporary position.

Now, just who is on first? Well, in case you are confused, here is the opening FY96 list of IMO employees, their primary functions and how to reach them.

A lot of personnel changes have occurred in the IMO recently. Jack Eckles, Chief, IM-P, retired September 29. Because of FTE and supervisory position reductions, Jack's position was not filled. Carole Pitzer, Chief IMO, now assumes the dual-hatted position of Chief IMO and Chief, IM-P.

Having said that, most of the things you contacted Jack about should now be addressed to Ron Jones, the IM-P Team Leader, at 8655.

Christy Huskey, IM-P, is scheduled to be out on maternity/family leave until January 1996. During her absence, all requisitions and related questions will be handled by Ron Jones.

Vanessa Alexander, IM-I, has moved from the hardware support area and is now working in the software support area. Deborah Maynard has become Deborah Davis.

The IMO has taken back the internal mail function from CASU. The mail center phone number is 8645.

Russ Powell of CDSI is back

NAME	OFFICE (FUNCTION)	PHONE
Carole Pitzer	IM (Chief, IM/IM-P)	8650
Alice Lovett	IM (IMO Secretary)	8646
Ron Singleton	IM-I (Chief, IM-I)	8660
Warren Jones	IM-I (CADD, GIS)	8661
John Jobst	IM-I (Network Administration)	8662
Anne Meehan	IM-I (Network Administration)	8669
Russ Powell	CDSI (Network Admin & E-mail)	8670
Charles Brooks	IM-I (Customer Support TL)	8665
Vanessa Alexander	IM-I (Software Support)	8749
Deborah Davis	IM-I (CETAL & Office Automation)	8659
Ed Pucel	IM-I (CADD & Engineering Support)	8667
Roger Siller	IM-I (Customer Support & COMSEC)	8647
Sandra Hilsher	CDSI (Customer Support & Programming)	8668
Ginny Mueller	IM-I (Telecommunications Support TL)	8679
Ron Auvenshine	IM-I (Hardware Support)	8672
Steve Johnson	IM-I (Telecommunications Support)	8676
Diane Hill	CDSI (Customer Support)	8706
Cindy Laub	CDSI (Hardware Support)	8808
Greg Moore	CDSI (Telephone and Hardware Support)	8674
Ron Jones	IM-P (Planning & Services TL)	8655
Vivian Arthur	IM-P (Budget & Facility Billback)	8640
Russ Elliott	IM-P (Visual Information Services)	8644
Christy Huskey	IM-P (Planning & Acquisition)	8656
Debbie Kuhlmann	IM-P (Printing Services)	8638
Sharon Leeker	IM-P (Records Management)	8648
Vacant Mail Clerk	IM-P (Mail Center Operations)	8645
Devetta Oliver	IM-P (STEP - Administrative Support)	8657
Angie Sally	IM-P (STEP - Administrative Support)	8664
Vacant Laborer	IM-P (STEP - Labor & General Support)	

If you are unsure as to who to contact, please contact the supervisor or team leader. And remember, all computer and telephone related problems should be reported to the IMO Customer Support Center at 8700.

News Briefs (cont.)

Rivers Project:

Fur traders tour

Riverlands Area Manager, Pat McGinnis, spoke at the 1995 Rocky Mountain Fur Trade Symposium.

After Pat's presentation the group came out and toured the Riverlands Area.

Lock and dam tours

Public tours of the Melvin Price Locks and Dam are still ongoing. The tours are attracting many dif-

ferent groups and individuals from around the area. On average there are about two tours of the facility every day.

Riverlands rangers have been giving many programs in the Riverlands Environmental Demon-

(Continued on next page)



EDA programs

stration Area to school groups from the Metro St. Louis area. The programs have been about wetlands, prairies and the upcoming winter waterfowl migration.

Shoreline cleanup

On October 8, the Riverlands Area Office and the U.S. Fish and Wildlife Service assisted the Great Rivers Chapter, Illinois Audubon Society in a Adopt-A-Shoreline cleanup. The cleanup took place on Portage Island in the Mississippi River. Several loads of trash and debris were hauled off the island.

Mark Twain Lake:

Environmental Day

The Fourth Annual Environmental Day was held September 22 at the John F. Spalding Recreation Area. The main goal for the event was to provide students the opportunity to learn what is currently being done to promote, protect and enhance our precious natural environment.

Representatives from businesses, government agencies and special interest groups discussed how their industry impacts the environment and what steps they are taking to improve its quality.

Astronomy program

The lake hosted "An Adventure in Astronomy" on September 23 at the John F. Spalding Recreation Area. Programs on locating celestial objects using binoculars, recent Hubble discoveries and constellations and the night sky were presented.

Mule Day

The Second Annual Missouri Mule Day was held October 7 at the Warren G. See South Spillway

Recreation Area. About 450 spectators learned about prize winning mules and watched mule races and contests.

Wappapello Lake:

Rescue boat

The Wappapello Lake staff has taken its water safety partnership campaign to another level. In August 1995, a volunteer agreement was signed between the Lucy Lee Health Care System of Poplar Bluff, Missouri, the East Wayne County Ambulance Service in Wappapello, Missouri, and the Corps. The East Wayne County Water Safety Rescue Boat was a result of this partnership. The boat is actually a quasi-ambulance on the water, staffed with trained rescue divers and EMTs. On weekends and holidays volunteers staff this vessel. It is moored at the Sundowner Marine boat dock at the lake.



District headquarters:

Mesko lauded

Bob Mesko, ED-HG, received a letter of appreciation from the chief of the Engineering Division, Directorate of Civil Works in USACE for his work over the past year as a member of the USACE Geospatial Data and Systems Field Advisory Group. Bob was specifically commended for his assistance in defining Corps compliance with Executive Order 12906, Coordinating Geographic Data Acquisition and Access.



FY 95 highlights

If you've been wondering if the suggestion program is still in existence, we have good news for you. IT IS! After a one year hiatus because of lack of staffing, a new AIEP Coordinator was appointed last October. She is Debby Trimble in RM. Although the first priority was to clear out over 50 old, unprocessed suggestions, steps were also taken to make the AIEP more responsive, and DR 5-17 was issued to document responsibilities and procedures. As a result, the suggestion backlog is down to five - all submitted this FY and currently being evaluated.

During FY95, adoption of your suggestions resulted in tangible savings to the District of \$146,144. Awards totaling over \$7,300 were paid to District employees for these ideas. Highlights of suggestions adopted include:

Joseph Kissane, formerly of ED-GG, received a cash award of \$3,735 for recommending a new approach in relief well rehabilitation. His recommendations of eliminating the Phase I process involving trisodium phosphate and chlorine will result in a first-year savings of over \$107,000.

Kevin Long and Terry Oltman of Cannon Power Plant shared a \$1530 award for recommending a procedure to prevent the sump pumps from pumping in a dry condition and precluding damage to the pump.

Terry Oltman was also awarded \$610 for recommending that remote pool elevation indicators at the Cannon Power Plant be dis-

(Continued on page 15)



Regulatory

tection Agency, Departments of Conservation, adjacent property owners and other concerned citizens. Throughout the process negotiations continue.

The common projects we see include bank stabilization, utility lines, highway projects, subdivisions, golf courses, baseball and soccer fields, dredging or sand and gravel operations, navigation interests and gambling casinos. We have done permits for projects you and your family have read about or use everyday, like the Bridges of Madison County, I-55 Bridge widening over the Meramec River, the Clark Bridge/Mel Price Locks and Dam, Scott Air Force Base's soon to open civilian airport, the Casino Queen, the Alton Belle, Casino St. Charles, the St. Louis/St. Charles river boats, many Dierbergs stores, Walmarts and other commercial establishments.

In addition to permit evaluation we have to enforce the laws to prevent the destruction of these remaining wetlands or impacts to waters. We must investigate many potential violations reported to our office. We are called on to investigate the excavation of material from or the placing of fill into a wetland, tree removal in low lying areas, or flooding caused by an un-

dersized culvert. Usually it's neighbor against neighbor. We explain why we are there, let them vent their anger, discuss program options and try for a voluntary resolution. It is difficult to show up on a site where the dozer is working full steam ahead to gather facts and issue a cease and desist order to stop work.

The program is complex. Many laws are in place. The Rivers and Harbors Act, the Clean Water Act, the Endangered Species Act, Historic Properties, the Farm Bill - all these acts are undergoing debates in Congress and are up for reauthorization. The program may change as new legislation is finalized. Regulatory is involved with all these laws and more.

The regulations associated with these laws are not black and white, but subject to interpretation. Much coordination is required between the Big 4 agencies: the Corps of Engineers, the Environmental Protection Agency, the U.S. Fish and Wildlife Service and the Department of Agriculture. Memorandums of Agreement exist between these agencies, but final permit decisions are the responsibility of the Corps. If EPA or F&W do not agree, they can request higher level reviews to veto our decisions.

Decisions are controversial, controversial and even more controversial. Public interest reviews are never predictable. There are many factors we evaluate when determining whether to issue a permit. The factors include wetlands, historic properties, floodplain values, recreation, economics, aesthetics and on and on - whatever concern someone wants to bring up. Everyone has different opinions or provides conflicting professional judgement. Decisions that we make never die and are always questioned by people affected by the project, by action groups that want even more environmental protection, etc. Everyone is impacted in a different way by the proposed project. People are not happy with our decisions. All this questioning requires detailed decision documents and documentation.

We are a busy office. At present we have almost 1000 pending permit actions. In February the District took responsibility for 65 miles of the Missouri River watershed from the Kansas City District, which contributes to our high numbers. Over the last three years the permits we issued increased from 463 to 1044. We expect our workload to continue to increase with the many projects around the St. Louis area.

History of regulatory administration

by Bill Groth

Were you aware the Corps of Engineers has been administering and enforcing laws for almost 100 years?

The oldest law is the Rivers and Harbors Act of 1899. This law addresses the navigable capacity of

the waters of the United States. Virtually any and every project in, over, under or along the banks of these waters requires a Department of the War (now Army) permit. Pipelines, boat docks, bank stabilization, water intakes, etc., are included under Section 10. Bridges (Section 9) were trans-

ferred to the Coast Guard.

In our district this law applies primarily to the Mississippi, Missouri, Meramec (lower 50 miles), Illinois (to LaGrange) and Kaskaskia Rivers. Section 13 of this law did make it unlawful to pollute the rivers, but unless the pollution adversely affected navigation, the



History (cont.)

Corps would approve of the action. Much to the chagrin of many in the Corps, Federal Courts ordered the Corps to begin enforcing the requirements of Section 13. This was before the enactment of the Clean Water Act and its predecessors, the Federal Water Pollution Control Act (and amendments).

The other, and more controversial law, is portions of the Clean Water Act (1977). The purpose of this law is to restore and maintain the chemical, physical and biological integrity of the Nation's waters. "It is the national goal that the discharge of pollutants into the navigable waters be eliminated by 1985."

While much progress has been made, there is still a long way to go. Note that Congress, in their inevitable wisdom, used the term "navigable." They then had to describe navigable as meaning all waters of the United States (including wetlands), not just those water bodies that carried big ships and barges.

The law includes rock, sand, cellar dirt as well as sewage, radioactive materials, chemical wastes, wrecked or discarded equipment in the definition of "pollutant." The law prohibits the discharge of such items into waters of the United States without a Corps of Engineers (Department of Army) permit. The courts have continued to expand the jurisdiction and meanings of this law.

One of the latest expansions considers excavation in any waters of the United States as a regulated activity. This law is up for reauthorization, and it is unclear just what Congress will do. At least one U.S. senator from our District has publicly stated he wants activities exempt if they "inconvenience business."

Regulatory Enforcement

by Ward Lenz

The permit program ensures that environmental impacts have been considered and that measures to mitigate these impacts will be implemented as part of a project. But sometimes, either by accident, oversight or willful disregard, projects are undertaken in waters of the United States, without a permit and in violation of permit conditions.

If an unauthorized activity occurs in waters of the United States, or if a previously authorized activity is being conducted, but in violation of permit conditions, these activities are subject to enforcement actions.

To determine if a violation has occurred, the following determinations must be made:

1. The activity is being conducted in waters of the United States.
2. The activity is regulated by the Corps (some activities are exempt from Corps regulatory authority).
3. The activity is unpermitted, or if permitted, is in violation of permit conditions.

Once a violation has been confirmed, several courses of action

are possible. If the activity is ongoing, a Cease and Desist Order will be issued, which will halt all activity in the project area. Once this is done, the site can be evaluated to determine the full impact of the unauthorized work. If the work is already completed, and no further work is anticipated which may alter the site, a Notice of Violation will be issued. In either case, a decision is then made as to what type of remedial action will be required of the violator. The remediation must be practical, and achievable. Many times a full restoration of a site is required. In some instances, this is either not practical, or the restoration itself may cause more harm to the environment than lesser measures.

In addition to restoration measures, penalties may also be imposed. Under the provisions of the Clean Water Act, civil fines of up to \$25,000 per day of violation, criminal fines of up to \$50,000 per day of violation and imprisonment are provided for under the law. These penalties are usually reserved for uncooperative or repeat violators. In most instances, some type of site restoration will resolve a violation.

Sand and gravel mining in Missouri streams

by Danny McClendon

You are lazily floating down a quiet Missouri Ozark stream in your canoe, when you round a bend and see a bulldozer or front-end loader out in the middle of the stream scooping up loads of creek gravel. As you float by, you notice how muddy the water is and how the stream bottom is gouged and covered with fine sediments. Even

after you are past the gravel operation, you notice muddy water, the bottom covered with sediments, possibly oil and gas sheens on the water and very few fish.

You wonder how anyone can do this to a stream and if there is anything that can be done about it. Section 404 of the Clean Water Act can and does regulate the excavation of material from these streams.

(Continued on next page)



Regulatory

Sand and gravel (cont.)

However, this was not necessarily the case prior to 1993.

In August 1993, the Corps of Engineers and U.S. Environmental Protection Agency published final regulations that requires anyone who excavates material from wetlands or waters of the United States must first obtain a Section 404 Clean Water Act permit. This has been dubbed the "Excavation Rule."

Prior to 1993, you could excavate material from wetlands or streams without a 404 permit, as long as you were using a scoop, bucket, or drag-line type piece of equipment. The drippings from the apparatus did not constitute a discharge of fill material. Because certain developers were able to bypass the Section 404 permit process by using this loop-hole, they were able to develop and destroy many acres of wetlands and streams without a permit. The new regulations went into effect on September 25, 1993, that closed this loop-hole and requires that a 404 permit be obtained. This also applies to taking sand and gravel from Ozark streams.

Sand and gravel operations in Missouri are a multi-million dollar industry. The sand and gravel (aggregate) obtained from the instream mining and floodplain mining operations in Missouri provide material for many building, construction and maintenance projects throughout the state. In addition, many farmers and private landowners use creek gravel on their roads and property.

With the implementation of the Excavation Rule, most of the instream mining of gravel requires a Section 404 permit. This has ignited a controversy within the aggregate industry and among pri-

vate landowners. Most of the commercial sand and gravel operators and county governments have been obtaining sand and gravel from Ozark streams for generations without the need for a 404 permit. In addition, private landowners have been "cleaning out" streams on their property without the need for a 404 permit in an attempt to prevent bank erosion and flooding.

Now that permits are required, many of these entities are voicing opposition to the need for 404 permits and many have not applied for a permit. This new regulation has also put new, and large, workload requirements on the Corps' Regulatory Offices throughout the state.

Instream gravel removal can significantly alter the stability of a stream, adversely impacting aquatic resources and causing increased bank erosion and head-cutting. However, the Corps recognizes the importance of the gravel resource for the above mentioned purposes. Therefore, in order to try to reduce the impact of the Excavation Rule on the regulated public, the five Corps of Engineers districts within Missouri, the Missouri Department of Conservation, Missouri Department of Natural Resources, U.S. Fish and Wildlife Service, U.S. Environmental Protection Agency, Missouri Highway and Transportation Department, state and local governments, commercial sand and gravel operators, environmental groups and private citizens have been working since early 1994 on a General Permit for sand and gravel excavation in Missouri streams. This General Permit would allow the excavation of gravel from Missouri streams, as long as specific conditions are ad-

hered to during the operation.

Biologists with the five Corps Districts, the Missouri Department of Conservation and Missouri Department of Natural Resources have identified 14 special conditions for the General Permit to protect Missouri stream resources.

With the implementation of this General Permit sometime in October 1995, a person who meets the terms and conditions of the General Permit can expect to obtain a permit from the Regulatory Office in less than 30 days. Currently, it takes an average of more than 120 days to obtain a permit to excavate gravel. This will save the general public and the Corps of Engineers valuable time and money, yet adequately protect our stream resources. In addition, the resource agencies have committed themselves to begin research studies on the affects of sand and gravel on our Missouri streams. This will give us an insight into how stringent our regulations on excavation in streams should be.

The next several years will be a learning process for both the Corps, resource agencies and the regulated public concerning excavation of sand and gravel in Missouri streams. We will still have people who violate the conditions of the General Permit, or simply choose to ignore the rules and regulations of the Clean Water Act. These are the people we need to educate and convince that the laws and regulations are meant to protect all of us who use Missouri streams for recreation and for a livelihood. Hopefully, the scenario in the opening paragraph of this article will be seen less frequently in the future.



Success at Sauget

by Keith McMullen

Avoid! Minimize! Mitigate! All developers who have worked on Section 10 or Section 404 permits certainly are familiar with those three words. Of course, avoidance and minimization are easy... Just stay away from all mosquito-infested swamps as much as possible and likely you can get a permit to build that new golf course or another "needed" subdivision. Right? Not exactly.

What about mitigation? These days everyone knows you must put back what you take away. Proving avoidance of wetlands and then minimizing impacts are hurdles that most developers can jump. However, providing wetland mitigation is not as easy. Ask the contractors, the heavy equipment laborers, the engineers... You get the point. Ask anyone involved with the actual building or construction process and you'll realize it is very difficult to mitigate a wetland; in other words to create a wetland.

One must satisfy the wetland definition, that is, to be a wetland an area must possess hydric soil, hydrology and a prevalence of hydrophytic plant life.

Constructing a wetland, as compensatory mitigation for a wetland loss because of permit action, is a difficult task. Many engineers and wetland scientists have collabo-

rated, working to create a wetland with identical function and value to the wetland being impacted by development. Many created wetlands are not truly wetlands by definition. Wetland hydrology must be present and sufficient to support a prevalence of hydrophytic plant life. Hydric soils would likely occur over time if not present already. However, they do not develop overnight.

Because of the difficult task of creating a functioning wetland of equal value to the wetlands being impacted, successful wetland mitigation sites are few. However, for those of you outdoor enthusiasts, engineers, contractors, biologists and even pessimists I ask that you travel across the Mississippi River to Sauget, Illinois. No, not Pops or Monsanto or any of the various other "entertainment" spots, but drive towards the St. Louis Downtown Bi-State, Parks Airport on the southeast edge of town. As you enter airport property, a county highway (Curtiss-Steinberg Road) goes left, or northeast. The area being developed on both sides of Curtiss-Steinberg Road is the Sauget/St. Louis Downtown Business Park. Sauget Properties, Ltd., in cooperation with St. Clair County Highway, created about 11 acres of freshwater marshes as compensatory wetland mitigation for the development of the road

and adjoining business park.

The county highway, developed in 1991, involved filling in several acres of wetlands. Planners and engineers, as well as

Natural Resource biologists and myself, discussed mitigation at length. Advice on specific methods and success stories for comparison were not available. The airport did not want birds to be attracted to the area in fear of air collisions, which are common and can be dangerous. Therefore, a plan was designed that proposed excavation of soil and the lowering of the ground elevation in the mitigation sites. About six or seven areas were excavated and some wetland dependent tree species were planted. No one knew exactly what would happen.

By the spring of 1992, the marshes were beginning to show signs of life. Water from precipitation and ground water had collected within the excavated areas, and familiar wetland plants like cattails, arrowheads, rushes and sedges were taking up residence and thriving. Birds were everywhere. Suddenly, what was once a flat farm field now had several species of herons and egrets stalking frogs and crayfish for lunch. Muskrats busily gathered vegetative matter for their latest home improvements. Raccoons, opossum, deer, coyote, fox and several other mammals were attracted to the area. Ducks and shorebirds frequently visited the area.

The moral of the story is you never know until you try. Congratulations to St. Clair County and Sauget Properties, Ltd. for designing, building and permanently protecting an excellent example of compensatory wetland mitigation for all to enjoy. For more detailed information on the Sauget Wetlands Project please contact Keith McMullen, Wildlife Biologist, in the Regulatory Branch at (314) 331-8582.





Regulatory Wetland dependent birds

by Keith McMullen

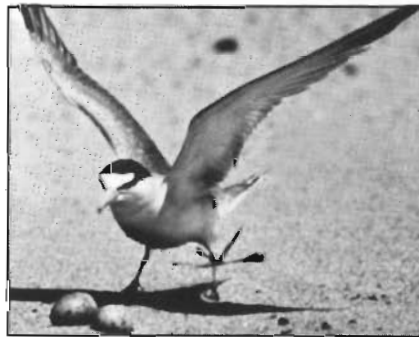
Over 900 species of birds have been recorded in North America north of the Mexican border, excluding Hawaii and Alaska. Of those species, many depend on wetlands for breeding, feeding or resting habitats.

Three favorite wetland types that birders frequent and recognize as being the most productive areas for breeding habitats, important migration stopovers or feeding areas, are bottomland hardwood forested wetlands, freshwater marshes and riverine wetlands.

Bottomland hardwood forests or riparian wetlands are complexes of forest most generally associated with large river systems. However, bottomland hardwood forests can be located along smaller streams and creeks. These wetland complexes are very important stop-over points for neotropical migrants, particularly songbirds. This fact makes bottomland hardwood forests especially productive for finding a great variety of species.

Neotropical migrants are those bird species which nest in North America but migrate south in our winter season to the warmer climates of South and Central America. According to most scientists and studies they have conducted, many neotropical species, such as thrush, flycatchers, vireos, warblers and grosbeaks are declining drastically in numbers. Many feel that destruction of rainforest in South America is the major culprit. However, our own destruction of floodplain forests and riparian corridors of our streams, creeks and rivers have caused significant impacts to neotropical species.

Major housing developments, gambling casinos, industrial parks and shopping malls have continued to encroach on previously undisturbed contiguous tracts of forested wetlands. Besides actually clearing trees that eliminate opportunities for nesting, forest openings allow exotic pest species, like brown headed cowbirds, to invade. Cowbirds lay their eggs in other birds' nests, usually choosing a host species which is smaller than itself. Vireos and warblers are preferred hosts and the foster parents likely will incubate and raise the young cowbird, which is stronger



A least tern tends its eggs on a sandbar.

and grows faster than their own young. The bottom line is that cowbird populations increase as our developments continue to split up our forests. Neotropical species, therefore, have less nesting success and suddenly their numbers decline even further.

Freshwater marshes used to be common habitats found throughout Missouri and Illinois. Mainly drained for agricultural purposes, marshes that covered the landscape have disappeared altogether in some places. Local bird enthusiasts are excited about the freshwater marsh at Sauget, Illinois, which many describe as "one of the best

birding spots in the Metro area."

Birders from Illinois and Missouri visit the marsh every day, especially during the spring breeding season, when one can encounter up to 10 state endangered species at one setting.

The marsh complex, one of the best examples of successful wetland mitigation in the area, was created in 1991 by the St. Clair County Highway Department in cooperation with Sauget Properties, Ltd.

Although Curtiss-Steinberg Road is complete, the Sauget Business Park continues to develop. The Section 404 permit was issued to the county for the road and the adjoining development, thus creating a partnership between the county, Sauget Properties, Ltd. and the Corps of Engineers.

Recent communications between the three parties have established a proposal to protect the marsh complex in perpetuity by the filing of a deed restriction with the County Recorder of Deeds. Also, an additional two acre marsh is to be established with an observation deck and a small parking lot as well as establishing a buffer zone to surround the entire complex.

Herons, egrets, rails, ducks, geese and shorebirds are common visitors to the area enjoying the smorgasbord of prey items available. Illinois state endangered pied-billed grebe and least bittern have nested on site. King rail and common moorhen, the latter an Illinois threatened species, have also nested there. Rare species, such as the yellow-headed blackbird, western meadowlark and upland sandpiper, have all been found using the marsh.



Birds (cont.)

Lastly, one cannot forget the efforts of the Corps of Engineers in creating the Environmental Demonstration Area (EDA) at the Riverlands area near Alton, Illinois. This riverine wetland environment is an excellent opportunity to witness America's symbol, the Bald Eagle. As many as 450 bald eagles have been recorded at one time in the area. In addition to the large number of eagles wintering there, large numbers of ducks and geese can be seen resting in the backwaters near Ellis Island, protected from the forces of the mighty Mississippi. You may even be lucky enough to see a migrant least tern. The majority of least terns encountered within the St. Louis District, occur on the lower 50 miles of the Mississippi River. These small birds nest on sandbars and appear to prefer foraging along shallow water areas of the river created by bendway weirs.

Wetlands of various types are very important to many bird species. Next time you visit a wetland, make a note of the variety of birds you see and hear. Hopefully, our future developments will include wise use of our wetland resources, allowing our future generations the opportunity to enjoy and receive the valuable benefits being performed by functioning wetlands. Wetlands are our "nation's kidneys," protecting us from harmful pesticides and toxins, lessening the burden of devastating floods and providing us with "quality of life" opportunities such as hunting, fishing, birding, nature photography or even the enjoyment of clean drinking water. It's all up to us. Wetlands will not last forever with the continual degradation of one more home, one more gambling boat, one more shopping mall. When is enough enough?

Cross cultural water resource perspectives

Karon M. Marzec, Regulatory Branch - Enforcement

Early this summer John and I visited Morocco. Most of Morocco looks amazingly like the southwestern United States. The mud and straw buildings of the ancient Pueblos are very similar in composition and technique to the Moroccan walled atrium structures of the medinas and outlying settlements.

In Morocco water is life and it is treated very respectfully within the framework of need and culture. From the beautiful irrigated gardens of the great cities of Casablanca and Marrakesh to the small streams where the local women beat the washing on the rocks and hang them to dry on a tangle of thorn bushes collected from the desert, water is revered.

While there is obvious pollution from the leather tanneries and the rug dying industries, as well as the sheer pressure of population growth, most of the stream systems seemed remarkably clean and no one would dump refuse into their common resource which is used to the ultimate limit.

Most of the rivers and streams

of Morocco no longer flow to the ocean, but rather to the limits of the irrigation systems in the small agricultural valleys with their palm and fruit orchards, vegetables and small grain patches and occasionally thousands of roses grown for the perfume or rose water industries. Land and water rights are a family heritage and would not likely be sold nor would they, in exercising their historic claims, overtly pollute the water passing on to others downstream. Perhaps, because as Americans we still feel that we have so much clean drinking water and no longer wash our laundry on the stream bank, we are more prone to think of water as a way to carry away refuse and feel justified in "newin' and improvin'" streams.

During the course of our visit, we became fond of our Moroccan tour guide and the bus boy who assisted us. It was hard to explain to them what I do in Regulatory and why such a job is necessary. To them water is entwined in their religion, the history of the many tribes that collectively make up the Moroccan people, and is a family inheritance, if they are fortunate.



An ancient Roman cistern, part of the ruins of Volubilis, located near the holy city of Moulay Idriss in Morocco.



District lakes build wetlands

by Chuck Frerker and Mike Ricketts

The many applications that the Regulatory Branch reviews typically involves activities requesting the eradication of wetlands that are in the way of "progress". This review process is difficult and many times frustrating for all parties involved. However, there are occasionally individuals and agencies who take it upon themselves to enhance or create wetland areas. It is a great pleasure for members of the Regulatory Branch to coordinate and offer their expertise in the development of these areas.

Some of you may be unaware of such efforts that are frequently conducted at our very own District Project Lakes. Although the primary purpose for the construction of Corps' reservoirs is to provide flood control measures, the Corps is also responsible for the stewardship of public lands through protection, restoration, and conservation practices. This stewardship has produced phenomenal results by allowing our Corps project lakes to counter-balance current wetland losses through wetland restoration and creation efforts. This article is dedicated to the efforts of all individuals who have strived to enhance, restore and create one of our nation's most precious natural resources, wetlands.

Numerous successful wetland projects have been completed at our District's project lakes in the past and continue to be developed and proposed. Some of the most recent efforts at our project lakes include the following:

Carlyle Lake: An approximate 80 acre moist soil management area has been successfully functioning at the Honker's Point Vegetative Management Area for the past several

years to provide migrating birds and other wildlife an opportunity to use this seasonal high quality wetland. A series of berms and water control structures allows individual management of separate controlled units for different species and increased diversity.

Mark Twain Lake: Two wetland areas were created by constructing berms across small intermittent tributaries of Mark Twain Lake's re-regulation pool. Approximately 75 acres of high quality shallow water area was created to provide valuable habitat and resting areas for many wildlife species. Small diameter pipes were placed in the berms to allow for the natural recharge of the area by allowing the exchange of fluctuating waters in and out of the created wetland sites.

Rend Lake: Approximately 100 acres of farmland was returned to its' natural wetland state by placing a mile-long levee near Corps' managed lands adjacent to Atchinson Creek. The levee allows the Corps to manipulate water levels to produce optimum habitat management and to establish a fully functional ecosystem.

Lake Shelbyville: A 37 acre shallow water wetland area, known as the Okawbluff Wetlands Complex, was recently established to include a waterfowl viewing platform, trail and photograph shooting area. The three celled area is managed with the aid of water control structures and electric water pumps. The area has recently been nominated for inclusion in the Illinois Watchable Wildlife program. The area provides individuals an opportunity to experience first hand a high quality wetland area and its many inhabitants.

Wappapello Lake: Nearly 80 acres of valuable shallow water habitat will be created from pro-

posed borrow areas during the development of new and improved access roadways. The wetland areas will be scattered along the road route, allowing for greater spacial placement and optimum wildlife use. Uneven substrate finishes will further diversify establishing plant communities, thus allowing for greater species variety.

Many other projects are proposed and are currently being evaluated for future development consideration. If you haven't had the opportunity to visit some of these sites, you're missing a great opportunity to experience the functions and values of the wetland areas, not to mention the great efforts that were expended in the creation of these sites. All interested individuals can contact the respective project lake offices to get more information on the mentioned sites or to determine the best times to visit these areas.

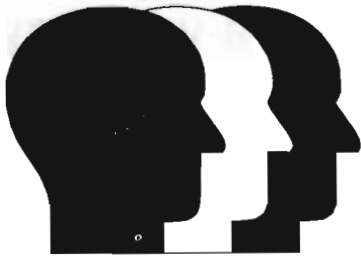
The relationship builder: 'Thank you'

People want to be appreciated, especially when they have done something special for you... even though it's "part of their job."

Thank-you notes are great to receive, but often just a word of appreciation will make a co-worker or collaborator feel their working relationship with you is worthwhile and even rewarding.

Need special help learning a new facet of your work? Don't forget to thank the co-worker who took time to show you the ropes.

Did you ask for help on a project, or get it without asking? Show your class by showing your appreciation.



EEO matters

By Jean Stephens, EEO Officer

Periodically, the EEO Office will feature some "movers" and "shakers" in the Corps. If you know of anyone that has an interesting story to tell, please contact the EEO Office. We know that there are a lot of you who are doing some great things and even going to some great places. So, tell us your story.

SUSAN JANOTA-SUMMERS

In the early summer of 1994, Susan Janota-Summers saw an article in the newspaper asking people to volunteer their service for approximately one week during the month of July to an organization known as Habitat for Humanity. Habitat was looking for volunteers that would not mind giving up their vacation to be a blessed help to someone else. The volunteers would be going to an Indian reservation in Eagle Butte, South Dakota. While there they would assist Habitat and Indians with building houses on this reservation. Susan did not know much about the organization so she decided to give them a call. Upon calling the organization, Susan learned that Habitat was an organization that was funded by donations from people around the world. They built houses from scratch, rehabilitated houses, and sometimes they rehabilitated a whole neighborhood. This was also the organization that our former President Jimmy Carter belonged to. Susan applied along with twenty-four hundred other applicants and out of the twenty-four hundred only twelve-hundred would be selected.

The volunteers that would be selected would be responsible for getting to the Cheyenne Sioux Reservation and would have to pay \$150.00 for their meals. Well, Susan Janota-Summers was one out of the twelve-hundred.

Upon arriving Susan met many of the selected volunteers from



Germany, Mexico, and England and she got to meet Jimmy Carter. Some of these people had previous help from Habitat with building or rebuilding their homes, so this was their way of giving back. This was also part of the trend that whenever a person or family was helped by Habitat, that person or family would help someone else the next year. The Indians had to pay for their new homes but at a low cost because the materials were donated. They also helped with building their homes. The homes would be modern and looking like the homes that we see every day.

Their goal was to build 30 houses in one week. They would

work from 6:00 a.m. to 6:00 p.m. with occasional breaks. Each house would be framed, with three bedrooms, and a full basement. People from The Building Trades were there to train each volunteer and they supplied all of the tools that would be needed. Susan started out as a carpenter, then later became an electrician. While an electrician she had the opportunity to wire ten houses. She assisted with the roofing, as well as, the dry walling. Sometimes when the volunteers became overheated a small icecream truck would come around and they would buy popsicles and eat them to keep cool.

The volunteers slept in two person tents on a high school track and field and with only four bathrooms for the women. Their meals were quite plain. They ate soups and stews with their traditional food being Frybread. One night the volunteers were entertained by the Indians during a big Powwow. A Powwow is a big party with lots of dancing. The Indians would take off their modern clothes and put on their Native costumes. During the party they invited the volunteers to dance with them.

The houses were finished in approximately five days and on the sixth day the Indian families moved in. A few volunteers from Habitat remained there for two years to assist and teach the Indians about taking care of their homes. Everyone was sad when they had to leave because they had accomplished so much together. Susan said, "we all have opportunities to own houses and so the Indians very well deserve houses too." The Indians were so appreciative and Susan stayed in contact with them and was invited back for the summer of 1995 for a four-day religious ceremony.

Susan decided to return to the reservation. She would take a camping trip while traveling back
(Continued on page 14)



Susan (cont.)

to the reservation. One stop that she made was on the base of Pikes Peak. The first night was the scariest because this was her first camping trip alone and she was approached by a bear. She had a tent and often prepared herself breakfast but lunch and/or dinner was often eaten in a restaurant. She also carried a CB and a car phone. She read books and enjoyed this very much because she had no set agenda. She toured Colorado, Wyoming, Montana, and North Dakota. Susan felt that traveling and camping was the greatest opportunity for meeting people. While in Cheyenne, Wyoming she went to her first rodeo show.

Susan returned to the reservation for the four-day ceremony. She felt proud because there were very few Non-Indians and she was one of them. The Indians fasted during the whole ceremony and they danced from dawn to dusk. The ceremony was dedicated to the tribes, the future, health, and prosperity. Before leaving Susan noticed that the reservation that she had helped build the houses on the year before, now had trees, grass, and a playground for the kids.

Susan, we salute you! Keep up the good work.

Rep of the year

Christine Leffeler is the St. Louis District nominee for the LMVD Construction Representative/Inspector of the Year Award. Chris works at the Upper Mississippi Resident Office at Elsberry, Missouri.

Quote of the month

To fulfill a dream, to be allowed to sweat over lonely labor, to be given a chance to create, is the meat and potatoes of life. The money is the gravy.

Bette Davis

Selecting a candidate for a vacancy

by Brenda Hamell, HR-R

DID YOU KNOW that selecting supervisors have a variety of sources to choose from when selecting a candidate for a vacancy? I will discuss one of those choices here.

The selecting supervisor may fill the vacancy from a list of "lateral placements," i.e., reassignment, voluntary change to a lower grade or repromotion candidates. This process will be accomplished prior to other competitive means being used.

If you wish to be considered for Lateral Placement (Reassignment, Voluntary Change to Lower Grade or Repromotion), please submit a request, **IN WRITING**, to the Human Resources Office, Recruitment and Placement Branch (HR-R). When a request is received to fill a vacant position, a list of those qualified candidates may be fur-

nished to the selecting supervisor prior to using other recruitment avenues. If the selecting supervisor desires to expend those other recruitment sources in addition to considering lateral placements, a vacancy announcement will be issued and applications will be accepted. This is a competitive procedure.

The intent of lateral placements is to provide employees opportunities to reassign, without promotion, to other positions for which they are qualified and interested. The selecting supervisor benefits from the immediate placement action for his/her position.

NOTE: All vacancies must be cleared through the Priority Placement Program prior to any placement action.

If you have any questions, feel free to contact your Personnel Specialist.

The Riverrats softball team



Here's the Riverrats, Our men's softball team that competed in the Men's Open Division at the Olympic Marine Invitational Softball Tournament and captured a 7th place trophy. The Riverrats also completed an undefeated championship season in the Thursday night league at Granite City. Back row (left to right): Shane Peltis, Phil Brown, Jone Schulte, Kenny Rogers, Barry Lloyd, Todd Stoeckel and Mike Kruckeberg. Front row: Lawrence Williams, Mike Daily, Robin Parks, Tracy Butler, Keith McMullen, and Craig Litteken. Kneeling batgirls: Chasity and Brittany Williams.



17th Annual Blacks in Government Conference

by Angela Sanders, BEP Manager

From Black entrepreneurship to computer skills, affirmative action to filing an EEO complaint, the scope of the workshops at the Blacks in Government's 17th Annual Training Conference promised to deliver something for all those who attended. More than 100 workshops, forums and special sessions were scheduled at the conference hosted by the St. Louis Chapter. The conference convened at the Adam's Mark on August 21 and ran through August 25. The theme: "Leadership, Excellence, Equity: Gateway to Tomorrow's Challenges" spelled BIG's aspirations for a conference that did touch upon many facets of the work place and community issues that tend to impact directly on African Americans.

One feature of the conference was a track of EEO workshops, each focusing on a specific aspect of the process, from filing a complaint to what happens at the counseling level, the mediation stage and the court stage.

Conference participants also had the opportunity to attend leadership forums. One forum was designed to provide participants with much needed tips on how to examine the mutual responsibilities of persons involved in planned mentoring activities. This assembly featured Jewel Diamond Taylor, a noted L.A. motivational speaker and trainer.

Another noteworthy workshop was on how to influence the legislative process taught by Dr. Linda

Williams, Research Director of the Congressional Black Caucus.

One of the major themes of the conference focused on strategies for coping with barriers to equal opportunity created by the assault on affirmative action. Sessions included topics related to the future of affirmative action, career development in an era of reinventing government, computer tips, productivity improvement, new techniques for conflict resolution, cultural rapport, the Republican/Democratic vision for Black America and African American history from a Post-Reconstruction perspective.

Among the major speakers at the conference were Ronald Brown, Secretary of Commerce, Reverend Jesse Jackson, President of the National Rainbow Coalition, Les Brown, renowned public speaker, author and television personality, Dr. Joseph E. Lowery, President of the Southern Christian Leadership Conference and Chairman of the National Black Leadership Forum, to mention only a few.

As part of a special tribute for deceased BIG members, a memorial service was held for victims of the Oklahoma City terrorist bombing in which 168 people died.

Thanks to our own District Engineer, Colonel Suermann, for the insightful remarks on the St. Louis District. Colonel Suermann's presentation was made at the Department of the Army Black Employment Program Manager Forum sponsored by the Office of the Deputy Assistant Secretary of Defense (Equal Opportunity).

Suggestions (cont.)

played on a decorative chalk board or a system of flipping numbers.

Steven Jones and Terry Helming of the Pathfinder and Jerry Schaperclaus (formerly of the Pathfinder) shared a \$500 award for recommending a modification to the baffle plate used on the Dredge Potter which will better distribute the disposal material and reduce grounding of the pontoon.

Deborah Kuhlmann, IM, received a \$250 award for recommending a change in the procedure used to print drawings for construction contract documents for bidding purposes.

Remember, your ideas are always welcome. Simply complete DA Form 1045 stating the current situation, your recommendation for improvement and the benefits that will be derived, either tangible (\$\$) or intangible, and send it to RM, Attn: Debby Trimble.

Road Rally Mike

By Suzi Reinkmeyer

Mike Houser works in the Contract and Resource Management Section of the Engineering Division. Many who know him know of his hobby of participating in road rallies. Mike started going on road rallies in 1980. These rallies have taken him through nine states. His buddy Wayne (not a Corps employee) and he belong to the Sports Car Club of America which sponsors these rallies. They hear about the rallies at club meetings, from mailing lists, or through a yearly calendar that shows future rally dates.

Usually the starting point is a motel in another city or town. There the participants (usually between 20 and 30) gather about 8 a.m., register and pick up the rules

(Continued on page 16)



Road Rally (cont.)

and directions, typically about 150 instructions. These are mounted on the dashboard of the automobile they will be driving.

Most participants use a special computer that measures computed time versus actual time - it tells you if you are early or late. It is accurate up to 0.01 of a mile. Computed time is based on the speed you're supposed to travel. Along the routes there are control points with a timing line - a hydraulic tube similar to a traffic counter - that the vehicle passes over.

Rallies usually last eight to nine hours. The participants are judged on least amount of error. The driver with the lowest score wins and receives a trophy.

Mike also helps set up and run rallies. There are three kinds of rallies: map reading, poker runs and sign hunts. Members of the club can compete locally or nationally.

Mike and his wife Susan live in Sunset Hills in West St. Louis County. They share many hobbies including raising and showing Rough Collies. They also have owned several different models of Alfa-Romeo cars.

Groundbreaking



Congressman James Talent, two members of the Parkway School board and Colonel Suermann break ground for a creek stabilization project at McKelvey School. This project falls under the small projects and technical assistance program.

FY95 Execution (in spite of another flood)

By now most of you know that the District enjoyed a successful execution year in all major program areas. The entire work force is credited for the District's exemplary performance in FY95. As the FY neared completion, a number of people in both the administrative and technical staffs concentrated on processing contract mods, submitting accruals, etc., to maximize the District's performance. Their added efforts effected the successful financial close-out of FY95.

With so much corporate attention being placed on execution and achieving Command Management Review (CMR) goals, LMV reiterated to the District throughout FY95 the significance of executing its Civil Works program. CMR goals for the four major appropriations--GI, CG, O&M, and MR&T--are to achieve expenditure rates of 95 percent for GI, CG, and MR&T and 96 percent for O&M. The District not only met the goal for CG but exceeded the goals for GI, O&M, and MR&T with execution rates of 99 percent, 98 percent, and 108 percent, respectively.

While this financial report card attests to our ability to expend funds, accomplishments represent another dimension of measuring execution. Execution is obtaining the PCA for the Ste. Genevieve project and initiating construction in FY95. It's placing dike and revetment in the Regulating Works project as well as realizing significant accomplishments at Mel Price and on the St. Louis Region reconnaissance study. It's repairing dike and revetment on the Lower and Upper Rivers and operating and maintaining the lakes and rivers. It's managing the Corps' effort to

comply with the Native American Graves Protection and Repatriation Act (NAGPRA). It's accelerating work on the Valley Park levee and the Illinois Abutment at Lock and Dam 25 and rebounding from the severe flooding at Stump and Swan Lakes. It's accomplishing our military and support for others workload--DERP/FUDS ordnance work, SAST mapping, etc. Execution is all these things and a host of others.

The District's Civil Works program excelled despite the adverse conditions brought on by this year's flood and the ongoing recovery from the 1993 flood. Although the CMR process doesn't acknowledge this effort, flood fight and flood recovery efforts generate a great deal of public interest. Recovery efforts from this year's flood require repairs to 20 drainage and levee districts at an estimated cost of \$15 million. Approximately 5 percent of this work was accomplished in the fourth quarter of FY95. With the exception of the repairs to the relief wells, the 1993 recovery effort is virtually complete.

Execution of the District's workload will continue to remain critical to the Corps and to this District's future Civil Works program. The District will be challenged in FY96 to maintain the commendable progress and execution rates that were achieved in FY95. As the District struggles with the limits of the FY96 Continuing Resolution Authority, its focus will be on execution and responding to the commitments made to its customers.



Veteran's Day

They belong to history

Our veterans, what kind of people are they? General Douglas MacArthur's answer follows, excerpted from his famous "Duty, Honor, Country," speech. Of a veteran, he said:

His name and fame are the birthright of every citizen. In his youth and strength, his love and loyalty, he gave all that mortality can give. He needs no eulogy from me, or from any other man. He has written his own history and written it in red on his enemy's breast.

When I think of his patience in adversity, his courage under fire, and his modesty in victory, I am filled with an emotion of admiration I cannot put into words. He belongs to history as furnishing one of the greatest examples of successful patriotism. He belongs to posterity as the instructor of future generations in the principles of liberty and freedom. He belongs to

the present, to us, by his virtues and by his achievements.

In twenty campaigns, on a hundred battlefields, around a thousand campfires, I have witnessed that enduring fortitude, that patriotic self-abnegation, and that invincible determination which have carved his statue in the hearts of his people.

From one end of the world to another, he has drained deep the chalice of courage. In my memory's eye I see those staffering columns of the First World War, bending under soggy packs on many a weary march, to form grimly for the attack, blue-lipped, covered with sludge and mud, chilled by the wind and rain, driving home to their objective, and, for many, to the judgement seat of God.

Always for them: Duty, honor, country. Always their blood, sweat, and tears, as we sought the

way and the light and the truth. And 20 years after, on the other side of the globe, again the filth of murky foxholes, the stench of ghostly trenches, boiling suns of relentless heat, those torrential rains, and the loneliness of jungle trails. ...Always through the bloody haze of their last reverberating shot, the vision gaunt, gastly men, reverently following the passwords of "Duty, honor, country."

...The soldier, above all other people prays for peace, for he bears the deepest wounds of war. But always in our ears ring the ominous words of Plato, that wisest of all philosophers: "Only the dead have seen the end of war."

Duty, honor, country.

MacArthur honored all men and women of the armed forces, past and present.

These are fitting words for 1995, 50 years after the end of World War II.

—Earth Notes—

Resort uses sun, wind

Harmony, on St. John, Virgin Islands, is the first luxury resort in the world to operate exclusively on sun and wind power. Its villas are made of crushed soda bottles, ground rubber tires and mashed newsprint. Solar thermal energy heats water and runs the refrigerators, microwaves and lights. Rainwater is collected for drinking and washing and waste water is treated and recycled for irrigation. Fabrics used in the cottages are unbleached cotton.

Guests pay "tuition" rather than rent because they participate in an energy consumption and water level monitoring program. A digital display near the front door teaches guests amazing things

about the amount of water and energy they consume. The study is conducted by the U.S. National Park Service.

Tracking up wilderness

Four-wheel drivers are learning to be more sensible about how they use their off-road vehicles in the wilderness, according to E magazine.

The 4x4 vehicles, when operated irresponsibly, introduce problems including stream bank and bed erosion from cars crossing streams, damage to fish habitat, adverse impacts on flora and archaeological sites and disruption of wildlife habitat.

Now four-wheel-drive car

manufacturers and enthusiast groups are educating off-road drivers about their environmental impact. Tread Lightly!, a group funded mainly by car manufacturers, explains low-impact principles of off-highway use through a variety of programs such as a guide to responsibility and driver education programs. A Chrysler spokesperson notes that less than five percent of four-wheel-drive purchasers ever take their cars off-road, but those who do should do so responsibly.

When complaints arise, the loser is the mechanized access user. One example: The proposed Montana Wilderness Act would close one third of routes to back-country drivers.



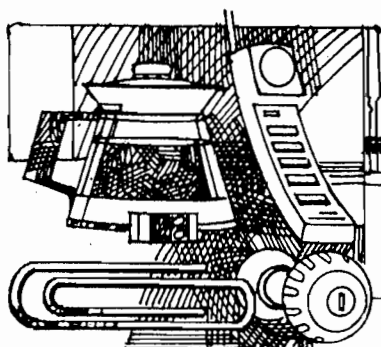
To your health

How to weather the season of coughs, sneezes and sniffles

There are more than 200 viruses that cause the common cold. They are just about everywhere, and so are the people who spread them. In spite of this, you can reduce your chances of catching one.

Colds are spread in two ways. You can inhale the virus from the air, or you can pick it up from a hard, non-porous object like a doorknob. An infected person touches the doorknob and the live virus stays on it and contaminates the fingers of others. When these people touch their noses or eyes, they are infected.

People are most likely to catch a cold wherever they spend most of their time, and in places where there are a lot of other people, like at work. What are the hot spots of infection? All experts cite the infamous doorknob. Others like to mention coffeepot handles, telephones, computer keyboards, plastic folders, light switches and elevator buttons. In other words, any hard object that people touch frequently.



Paper is not a problem. Germs are absorbed by the fibers in paper. Kissing is not especially dangerous because the germs don't lurk in saliva. Even taking a bite from your spouse's fork is not particularly dangerous.

At home, hot spots include the TV clicker, phones, bottles of juice, bathroom towels and refrigerator handles in addition to doorknobs.

The germ transfer theory is not as dire as it sounds. Doctors at the University of Virginia School of Medicine say all you have to do is wash your hands and you get rid of thousands of virus particles. You can even wash them without soap and with cold water and most

germs still slide away. If you're really afraid of a cold that others have, take an extra paper towel and use it to turn the water off and open the restroom door.

What about germs in the air? The Respiratory Virus Research Laboratory at the University of Wisconsin says that live virus particles can drift in the air for two or three hours after someone sneezes. We are at greatest risk in small rooms or rooms that are full of people and with no ventilation.

If you find yourself in close quarters with a cold sufferer, try to open a window to disperse virus particles. Offer the sufferer a box of tissues. Handkerchiefs spread germs every time they are taken out.

One problem is that a person can spread a cold before symptoms appear. Prevention comes from being well at the time of exposure, washing hands frequently and praying your immune system is up to par.

What doctors say about their patients

When there's a problem with medical care, people suppose it's the doctor's fault. But often patients sabotage their medical care. Here's how they do it, according to interviews with medics around the country.

1. They leave it all up to the doctor. People smoke, eat fatty foods, drink more than they should and never exercise, but they want

the miracles of modern medicine to keep them healthy anyway. They want a quick fix to remedy problems they have caused for themselves.

2. They don't tell all about medications they take. It's important for the doctor to know every type of medication you take, even aspirin and vitamin pills. Make a list.

3. The last-minute symptom. As they are leaving, they think of one more symptom. The doctor has to decide whether it's necessary to completely examine them again and make others wait, and whether this affects the prescription just given. Make a list of symptoms before seeing the doctor.

4. Sometimes they talk too

(Continued on next page)



Retiree Review

by the Retiree Correspondent

On October 19, only 17 retirees attended our monthly luncheon.

Some, we were told, stayed away because we agreed to eat early so we could be at Melvin Price Locks and Dam by 1:30. As it turned out, only a few went to the lock. It was a gorgeous day for the outing - a little windy, but it's always windy at the locks, I've found. Bill Fauke, a Riverlands ranger, conducted us on our tour. He made a very nice presentation and was very knowledgeable of the situation. We who attended enjoyed the trip very much.

Elmer Huizenga attended "solo." He said Estelle was "puny" that morning, so stayed at home.

Jim Baker has improved to the point he is playing golf. Glad he's better. We miss them.

Bill Hoff was our 80s retiree, retiring in June '82..

Lafayette Kugler and Bill Hoff were our October Birthday boys. Many more happy ones. The Kuglers celebrated their 48th wedding anniversary recently with a big family get together. Many more to a fine couple.

It was decided to have our regular buffet in our room at the Christmas meeting on December 21. The cost will be \$11 per person with our Pot-O-Gold subsidizing the rest. If you plan to attend the December luncheon, please call one of the following, as we have to give the restaurant a "head count" a week in advance: Kate Stiles - 849-5388, Pete Puricelli - 638-6597 or Elmer Huizenga - 383-3845.

Our menu will consist of two entrees, potatoes, vegetable, salad, jello mold with fruit, rolls, butter, drinks and fresh baked dessert.

Kate Stiles had talked to Clinton Turner, Belle Glade, Florida. Clinton was telling of his fruit orchard. He has such a grand variety he could have fruit salad everyday. Clinton inquired about Bill Schoder. No one at the meeting had any news. I tried to call, but got no answer. Will keep trying. Bill is such a nice fellow. Too bad we lose contact.

Congratulations to Wally Feld and John Dierker. I was told they are acting chiefs of Con-Ops and Engineering. Both are great guys and deserving of this promotion. I'm proud of you.

The lucky ones in the Pot-O-Gold were L.G. Kugler, Marie Puricelli and Kate Stiles.

Bob Lutz volunteered to furnish the table decorations for the Christmas dinner. Come out and help place the decorations.

Kate Stiles moved that we change our meeting date. It was duly seconded and passed with exception of one vote, but Elmer Huizenga thought we should not change, so the vote was ignored and the meetings will continue to be the third Thursday of each month. We still hope to have District representatives at our meetings. I personally miss the news of the District goings on.

Our story tellers were in fine form - cleaner than usual.

Our next meeting will be at the Salad Bowl about 11:30 on 16 November. Mark your calendars and be there. We miss you when you're not there. Remember, the Salad Bowl on 16 November (third Thursday). Looking forward to seeing you there.

Doctors (continued)

much. Get down to essentials. Focus on symptoms and tell briefly how and when they happen and how they make you feel.

5. Sometimes they don't talk enough. Saying you haven't been feeling well lately doesn't give the doctor much of a clue about your complaint. The doctor has to question you extensively to find out what's really wrong.

6. They don't quite tell the truth. They say what they think the doctor wants to hear and don't tell all about exercise, diet or drinking. One cure is to have a spouse or friend come along for the first appointment.

When seeing your doctor, be a good reporter of symptoms and conditions. Tell the truth and remember common courtesy.

Important antacid facts

Antacids give relief from stomach upset for regular users of medications such as aspirin, ibuprofen and naproxen sodium. They slightly reduce effectiveness, but aid stomach upset and lessen the risk of gastric ulceration, say medical authorities.

Take antibiotics and antacids several hours apart. The effectiveness of antibiotics such as tetracycline is inhibited by antacids.

Thanksgiving foods people love to hate

In an annual rite as predictable as the appearance of a turkey, someone will cook something that nobody wants to eat at Thanksgiving.

Some say the dish we love to hate is November's answer to the Christmas fruitcake. It's a tradition that goes back to our Pilgrim ancestors, says Eric Arnould, a professor at the University of South Florida, who has researched Thanksgiving habits. Though people groan about having the dish, they like having it each year because it's part of the family story.

Others say the unwanted dish is there to fulfill another tradition: Having leftovers. The overabundance is an assertion of our success and achievement, contends Sidney Levy, a professor at Northwestern University. Thanksgiving, says Levy, is a celebration of a "lot to eat."

Whether any dish bombed at the first Thanksgiving isn't re-



corded. We do know the Indians brought deer, but the Pilgrims expressed distaste for native cuisine. Chronicler William Wood grumbled that one Indian dish was made of "fishes, fowls and beasts boiled all together."

Mince pie has a checkered history. Today's version is a dried-fruit affair, but some people won't touch it because they remember the pies of yore that contained old meat, sweetened to cover up the real taste.

Jeff Smith, TV's "Frugal Gourmet," says his grandmother's kitchen smelled like an old cabbage patch because of overboiled Brussels sprouts. Everyone had to eat a little bit of everything, but it was painful.

Sometimes the ill-fated food arrives through a bad stroke of pot-luck. Usually it is weeded out quickly, but if brought by a prominent person, it may stand on the buffet for all to see. In modern buffets, however, wonderful new dishes may be left untasted in favor of traditional ones.

As TV chef Mr. Smith says, "Sometimes the uneaten dish is the sort of food we have to have to remind us of who we are." His mother makes a cranberry and orange-peel sauce that he hates. But on Thanksgiving Day, he always takes a little bite and remembers his childhood.

Many countries put thumbs down on thumbs up

OK. Good job. We're on track. In the United States and Canada, these sentiments might simply and easily be expressed by a thumbs-up sign or an OK sign with the thumb and index finger meeting in a circle.

But the language of the body does not translate well to other cultures, and these simple signs could get you in trouble around the world.

According to the authors of *Kiss, Bow or Shake Hands* (Bob Adams, Inc., 1994), if you use the thumbs-up sign in some countries you can be taken for an oaf or worse. This sign is considered

rude in Australia and Ukraine and downright offensive throughout the Arab world.

Meanwhile, the OK sign is considered vulgar - or worse - in Russia, Spain, Norway and Paraguay. In Japan they will think you are talking about money. In France the sign means "zero."

Some behaviors North Americans don't even notice are seen as offensive in other countries. For example, many North Americans speak with their hands in their pockets. This is actually considered rude in so many countries it isn't worth listing them.

Generally, in Asian countries no

touching for any reason is permitted in conversation and touching anyone, especially children, on the head is completely unacceptable.

In many countries, both in the Asian and Arab worlds, showing the sole of one's shoe for any reason is considered dirty or an insult. In some of these countries merely pointing one's shoes at another person is forbidden.

Also, in Arab countries, greeting or even referring to a man's veiled wife is an insult to her and the man she is with.